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Maryland RaceRank™ by Endurance Nation



Here are six categories to consider, each ranking from 1 to 5, with 1 being the easiest score and 5 being the hardest. Possible scores range from 6 up to 30, with 30 being the hardest possible event on the planet.

Summary

The Maryland Total Score is 15 out of 30, placing the event in the Moderate Category. By far the most difficult element of the race is the open bike course that's exposed to the wind. Running without shade is also no fun, but the bike trumps it! Be advised that good bike fit and aero set up are strongly recommended.

Swim Venue [Score = 3] -- The water of the Choptank is brackish as the water is tidal. You have no idea what the current / your swim speed will be like, so focus on technique vs time. Due to the variability of the swim, this course gets a challenging score.

Total Bike [Score = 3] -- Total elevation gain is ~400 feet across 112 miles. The layout of the bike course ensures equal exposure to the winds, two loop course gives you chance to find speed on the second lap!

Total Run [Score = 2] -- Total elevation gain isn't worth mentioning. Like the bike, your biggest enemy will be the elements, but the three loop course will help keep you focused and motivated.

Venue Elevation [Score = 2] -- Cambridge is at sea level, making elevation a non-factor, earning it a Normal Score.

Average Weather [Score = 2] -- Weather on race day over the last five years has been very variable thanks to the Fall / change in seasons and the location right on the Atlantic. Could be nice..could be a hurricane! The Avg Temperature of 66.5 degrees Fahrenheit, with a Dew Point of 61 degrees Fahrenheit.

Average Did Not Finish (DNF) [Score = 3] -- Over the last five years, there has been an average of 3.76% DNFs which is roughly half of the baseline DNF rate earning it a Low Score. There's no such thing as an easy Ironman, but if finishing is a priority, Maryland is the place!

Disclaimer -- As with any exercise related to weather data, there is a high-degree of potential variability. Athletes should be prepared for all possible scenarios, and exercise diligence and caution at all times. Good luck!

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